Reproductive Health Rights Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Reproductive Health Rights Training Course is designed to strengthen knowledge, skills, and competencies in Sexual and Reproductive Health and Rights (SRHR), focusing on access to quality healthcare services, informed choice, bodily autonomy, and the elimination of gender-based discrimination. It integrates global frameworks such as the Sustainable Development Goals (SDGs), Universal Health Coverage (UHC), and Human Rights-based Approaches (HRBA) to equip participants with practical and policy-level understanding.

In today’s rapidly evolving health landscape, issues such as maternal mortality reduction, family planning, adolescent reproductive health, gender-based violence (GBV), safe abortion care, and menstrual health management remain central. This training empowers stakeholders to address barriers to reproductive justice, improve health system responsiveness, and promote inclusive, rights-based, and culturally sensitive reproductive healthcare services. It also emphasizes advocacy, community engagement, and evidence-based interventions for sustainable impact.

Programme Curriculum

Reproductive Health Rights Training Course

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Course Duration

5 days

Course Objectives

1. Strengthen understanding of Sexual and Reproductive Health and Rights (SRHR) frameworks
2. Promote awareness of gender equality and reproductive justice principles
3. Enhance knowledge of maternal and neonatal health best practices
4. Build capacity on family planning and contraceptive technologies
5. Improve adolescent access to youth-friendly reproductive health services
6. Address gender-based violence (GBV) prevention and response mechanisms
7. Strengthen understanding of safe abortion care and post-abortion care services
8. Promote menstrual health hygiene management (MHHM) awareness and dignity
9. Improve advocacy skills for policy and legal reproductive rights reforms
10. Enhance data use in SRHR monitoring and evaluation systems
11. Strengthen community engagement for behavior change communication (BCC)
12. Build capacity in health systems strengthening for reproductive services
13. Promote integration of SRHR into Universal Health Coverage (UHC) frameworks

Target Audience

1. Healthcare workers and nurses
2. Midwives and community health volunteers
3. Public health officers and policymakers
4. NGO and humanitarian workers
5. Youth and adolescent health advocates
6. Social workers and counselors
7. Human rights defenders and legal practitioners
8. Researchers and academic professionals in public health

Course Modules

Module 1: Foundations of Reproductive Health Rights

- Concepts of SRHR and human rights-based approaches
- Global frameworks: SDGs and ICPD Programme of Action
- Legal and ethical dimensions of reproductive rights
- Equity, inclusion, and accessibility in healthcare
- Case Study: Maternal mortality reduction in rural health systems through SRHR integration

Module 2: Gender Equality and Reproductive Justice

- Understanding gender norms and inequalities
- Intersectionality in reproductive health
- Empowerment frameworks for women and girls
- Masculinity and reproductive responsibility

- Case Study: Community-led gender transformation programs in East Africa

Module 3: Maternal, Newborn & Child Health (MNCH)

- Antenatal and postnatal care standards
- Skilled birth attendance and emergency obstetric care
- Reducing maternal and neonatal mortality
- Nutrition and reproductive health linkage
- Case Study: Reduction of maternal deaths through midwifery strengthening programs

Module 4: Family Planning and Contraceptive Technologies

- Modern contraceptive methods and effectiveness
- Myths, misconceptions, and cultural barriers
- Counseling and informed choice techniques
- Supply chain and commodity security
- Case Study: Increased contraceptive uptake through community outreach campaigns

Module 5: Adolescent Sexual and Reproductive Health

- Youth-friendly health services design
- Teenage pregnancy prevention strategies
- Comprehensive sexuality education (CSE)
- Mental health and peer influence
- Case Study: School-based SRHR education reducing adolescent pregnancies

Module 6: Gender-Based Violence (GBV) Prevention & Response

- Types and drivers of GBV
- Survivor-centered approaches
- Legal frameworks and referral systems
- Psychosocial support and rehabilitation
- Case Study: Integrated GBV response centers improving survivor outcomes

Module 7: Safe Abortion & Post-Abortion Care

- Medical and legal perspectives on abortion care
- Post-abortion complication management
- Reducing stigma in reproductive services
- Health provider training and ethics
- Case Study: Post-abortion care programs reducing mortality rates in emergency settings

Module 8: Menstrual Health, Advocacy & Policy Integration

- Menstrual hygiene management (MHM) practices
- Breaking taboos and stigma
- Policy frameworks for menstrual equity
- Advocacy strategies for reproductive rights
- Case Study: Menstrual health programs improving school attendance among girls

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com